



## Diabetes Prevention & Control Program

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### Happenings

- **Exercise: Prescription for Health Challenge.** The SD Department of Health in partnership with the SD State Medical Association will be conducting a web-based physical activity Healthy Challenge January 15-February 29. Providers are being asked to prescribe exercise and prescription pads will be distributed in order to emphasize the message. Participants can sign-up, even without a prescription, by going to the link on [www.HealthySD.gov](http://www.HealthySD.gov). At the end of challenge 10 randomly selected participants will receive a special prize.
- **Save the Date!** The 2012 Changes and Challenges conference has been scheduled for April 24-25 in Rapid City. More details to come.

### Resources

- **DPP Website Launched.** The Centers for Disease Control and Prevention recently launched a website for the National Diabetes Prevention Program. The new site features a video about prediabetes and the CDC-recognized lifestyle change program, the program curriculum, frequently asked questions, program recognition information and more. The website is located at [www.cdc.gov/diabetes/prevention/index.htm](http://www.cdc.gov/diabetes/prevention/index.htm).
- **CDC has an entertaining new novel** for youth that combines mystery with health promotion messages about preventing type 2 diabetes (T2D). *Coyote and the Turtle's Dream* is the first in a series of three books, primarily targeted to middle schoolers in American Indian communities, though it may also appeal to a wider audience. For more information or to order free copies, please visit [www.cdc.gov/pubs/Diabetes.aspx](http://www.cdc.gov/pubs/Diabetes.aspx).

### Articles

- **What Did We Learn About Diabetes in 2011?** The following link provides a short summary of some key diabetes

research studies released in 2011: [www.medscape.com/viewarticle/753822](http://www.medscape.com/viewarticle/753822) (Note: To access information on Medscape, you must establish a free account.)

- **Obesity and Type 2 Diabetes: Which Patients Are at High Risk?** Garber AJ et al. Diabetes, Obesity, Metabolism. 2011 Nov 10. doi: 10.1111/j.1463-1326.2011.01536.x. [Epub ahead of print] This paper reviews the progression from obesity to diabetes, identifying physiological changes that occur along this path as well as opportunities for identifying persons at high risk and preventing the disease among these persons. [www.ncbi.nlm.nih.gov/pubmed/22074144](http://www.ncbi.nlm.nih.gov/pubmed/22074144)
- **See T cells attack pancreas in real time** Intravital imaging of CTLs killing islet cells in diabetic mice. Ken Coppieters, Natalie Amirian, and Matthias von Herrath. *J Clin Invest.* Dec. 1, 2011. Cytotoxic T cells in a mouse were imaged as they search for and destroy beta cells in the pancreas. Links to the movies are found online at the bottom of the study. <http://www.jci.org/articles/view/59285>